

**Proclamation: Recognizing July 12th as the International Day of Hope For Cities, States, Businesses, or Schools**

**WHEREAS,** research has shown that **Hope is a teachable, measurable skill** that helps individuals set meaningful goals, navigate challenges, and take positive steps forward. Higher levels of Hope are associated with better health outcomes, reduced suicidal ideation, improved academic performance, greater workplace satisfaction, reduced symptoms of anxiety and depression, and stronger social connectedness; and

**WHEREAS,** Hope is a universal human experience, rooted in nearly every culture and spiritual tradition across the world. With 85% of the global population identifying with a religion or belief system, Hope serves as a powerful force that transcends borders and fosters collective strength; and

**WHEREAS,** the United Nations has established the 17 Sustainable Development Goals (SDGs) to create a more equitable and sustainable world. Yet persistent barriers to progress can lead to feelings of hopelessness, which negatively impact mental health and well-being. Empowering people with the tools to build and sustain Hope is vital to achieving the 2030 Agenda for Sustainable Development; and

**WHEREAS,** hopelessness — marked by emotional despair and motivational helplessness — is a growing global concern, particularly among youth. In the United States, it affects 3 in 5 teen girls and over 40% of adolescents. It is the most consistent predictor of suicide, one of the leading causes of death for girls aged 15–19 globally. Every 11 minutes, an adolescent dies by suicide; and

**WHEREAS,** hopelessness contributes to increasing rates of addiction, violence, school dropout, and health crises — while **Hope acts as a protective factor**, allowing people to take control and improve their outcomes across psychological health, education, and economic opportunity; and

**WHEREAS,** in a time marked by isolation and conflict, Hope stands out as a powerful unifying force. Research has consistently shown that Hope is both teachable and measurable, with significant gains seen after participation in Hope-focused educational programs. Studies of programs such as Hopeful Minds® have found improvements in anxiety, depression, social connection, and emotional self-care, alongside reductions in negative emotions; and

**WHEREAS,** proactive education and skill-building in cultivating Hope should be recognized as an essential approach to equipping individuals with the skills to manage challenges, take action, and pursue a more hopeful future; and

**WHEREAS,** the nonprofit iFred (International Foundation for Research and Education on Hope) offers free, evidence-based Hope curriculum and public education materials to the public in support of the International Day of Hope, through partnerships with leading educators and content developers\*; and

**WHEREAS,** on March 4, 2025, the United Nations adopted a resolution establishing **July 12th as the International Day of Hope**, with 161 countries voting in favor;

**NOW, THEREFORE, I, (Your Name), (Your Title) of (City/State/Company/School Name) do hereby declare**

**The 12th day of July**

**INTERNATIONAL DAY OF HOPE**

And encourage all individuals, organizations, and communities in (City/State/Company/School Name) to celebrate, teach, and promote Hope through public awareness campaigns, school and workplace initiatives, and community actions that fosters well-being.

Free Hope education resources are available for schools, workplaces, and communities at [www.internationaldayofhope.org](http://www.internationaldayofhope.org).

**IN WITNESS WHEREOF,** I have hereunto set my hand and caused the Seal of (City/State/Company/School Name) to be affixed this \_\_\_\_ day of \_\_\_\_\_, 2025.

\_\_\_\_\_  
(Your Name), (Your Title)  
(City/State/Company/School Name)

\_\_\_\_\_  
Attest:  
(Witness Name), (Witness Title)  
(City/State/Company/School Name)

\* Curriculum provided at no cost by The Shine Hope Company for free public access and distribution through iFred.